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MORE ON SIUDE.COM

Photo Gallery: Follow Healthiest Loser competitors over months of weight loss. | Pulse Column: Does anyone want to see Roger Rabbit again?

Calendar: Find out what's going on in Carbondale for the pre-finals weekend.

Blog Wars: What is the most impressive streak in sports?

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DAILY EGYPTIAN

THURSDAY

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VOLUME 94, No. 149

APRIL 30, 2009

16 PAGES

Whiffle Boy's Pizza to open in old Domino's location



BRANDON CHAPPLE | DAILY EGYPTIAN

Rob Williams, of Herrin, tosses pizza dough Thursday in the kitchen of Whiffle Boy's Pizza in Murphysboro. Williams will soon manage the new Whiffle Boy's in Carbondale, which is set to open sometime in May.

Brandy Oxford
DAILY EGYPTIAN
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Tim Reiman is getting back to his roots.

Reiman, a Carbondale native and SIUC graduate, said he plans to expand his Murphysboro pizza business to include a Carbondale branch at 803 E. Walnut St. in the former location of Domino's Pizza and Dough Boy's Pizza.

"I'm investing in the town I grew up in," Reiman said. "It's my home. It's a perfect fit."

Randi Barnard, a senior from Murphysboro studying fashion design, said she saw a

sign announcing the Carbondale Whiffle Boy's location and was thrilled.

"It's delicious," she said. "I eat there at least a couple times a month."

Robert Williams now works at Whiffle Boy's in Murphysboro and will manage the Carbondale location.

"It's a fantastic location for the proximity," said Williams, who worked at the location when it was Domino's. "We're close enough to campus that we can serve campus fairly quickly and accurately as well as being able to serve the surrounding community."

The store is reopening after

Pizza places in and out of 830 E. Walnut St.

September 1997	Chris Newby took charge of a Domino's Pizza	December 2008	Dough Boy's closed and left the building vacant
October 2008	Newby disenfranchised and opened Dough Boy's Pizza	Mid-May 2009	Whiffle Boy's Pizza scheduled to open

Source: Daily Egyptian archives
Pablo Tobon | DAILY EGYPTIAN

being vacant for several months.

Dough Boy's Pizza owner Chris Newby disenfranchised his Carbondale store to open Dough

Boy's in October after 10 years with the Domino's company.

See WHIFFLE BOY'S | 2

Three students selected to national academic team

Luke McCormick
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Three SIUC students were national news Wednesday.

In Wednesday's edition of USA Today, Lisa Furby and Sean Goodin were named to the second team of the 2009 All-USA College Academic Team and Joe Batir was awarded an honorable mention.

According to the USA Today article, the students were chosen because of their "intellectual endeavors, community service and campus leadership."

A ceremony was held Wednesday afternoon in Morris Library's third floor rotunda to celebrate the honorees.

Chancellor Sam Goldman said the school's undergraduates are part of major research projects, which they come up with on their own.

"These young people can go to (university staff) and work with them as partners in major research," he said.

SIUC joins five other universities who had three students selected to the team, which included Harvard and Florida State University, he said.

Furby, a junior from Carbondale studying mechanical engineering, was selected for her research on an artificial kidney. She was also recently selected as a winner of The Illinois Technology Foundation's "50 for the Future" contest.

For Batir, a senior from Channahon studying geology, his honorable mention is just one of many awards he has received recently. He has previously won a Morris K. Udall Foundation scholarship and was recently awarded a Fulbright Scholarship, which will take him to Iceland in February to study geothermal energy.

During Wednesday's ceremony, Batir thanked those who helped with his research.

See STUDENTS | 2

USG approves funding for fall 2009 events

Barton Lorimor
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Undergraduate Student Government approved funding for events sponsored by 17 registered student organizations for the fall 2009 semester at the senate's final meeting of the school year Wednesday.

USG President Chiquita Watts, who turned her power over to President-elect Priciliano Fabian before the meeting adjourned, said organizations requested more than \$1 million for the fall semester. Senators approved more than \$400,000 in spending for the fall.

The university collects money

for student organization sponsored events through student activity fees. Student organizations submit funding requests to the USG finance committee, which makes recommendations to the senate. An organization cannot receive money from student fees without the senate's approval.

Ashley Epps, who chaired the finance committee, said none of the student organizations that submitted funding requests got what they asked. She said choosing where to make cuts was a tedious process requiring long nights of number-crunching.

The biggest cut made was to the Student Programming Council's request, which receives most of the

student activity fee. The council requested more than \$248,000, but senators approved roughly \$162,000.

Sen. John Boddie said the Black Affairs Council also took a significant cut. Boddie, who coordinates BAC, said the council would receive \$24,000 from student fees even though he requested \$34,000.

At least three appropriation requests were sidelined until the senate's next meeting in the fall. Epps said action would not be taken on funding requests for groups not represented at the meeting.

International Student Council, the Fashion Design and Merchandising Association and Wesley Student Council were among the funding

requests put on hold.

Senators debated the funding request filed by the Sigma Lambda Beta fraternity. The bill revealed the fraternity would receive \$5,683 for events, but a line-by-line spending breakdown was not provided.

Epps said spending breakdowns for some of the larger requests were not written into the bills because of time constraints, but organizations noted how they would spend the money in the funding request.

"We ran out of time with typing up the senate bills, but we're going to do a line-by-line breakdown first thing Saturday morning," she said.

See USG | 2

SIUC students selected to the 2009 All-USA College Academic Team

Second Team honorees:
Lisa Furby
-junior from Carbondale studying mechanical engineering

Sean Goodin
-senior from Red Bud studying physiology and philosophy

Honorable Mention
Joe Batir
-senior from Channahon studying geology

The students were chosen based on "intellectual endeavors, community service and campus leadership," according to a Wednesday USA Today article.

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Calendar

Submit calendar items to the DAILY EGYPTIAN newsroom,
Communications 1247, at least two days before the event.

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Sen. Robin England said she voted against the bill because she wanted the committee's funding recommendations to be displayed to the legislative body.

"Because I know those bills went through several cuts, I would have liked to have seen them one last time," England said.

The senate's final order of business was to ratify the results

Goodin said this recognition was not just about receiving an award.

"I feel it's very important and will help people for many years to come as (the research) goes on," he said.

Calendar		Corrections	
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A black dog bowl with three bones inside, next to the text "Find a place to keep your bones." and the URL "www.siuDE.com/dawghouse".

Chaplain does ‘worst job’ to be there for students and families

Barton Lorimor
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As chaplain to the Carbondale and university police departments, the Rev. Bob Gray admits he has one of the worst jobs in the world. It's his job to inform families their loved one has died or been involved in a serious accident. But it's a job he said he has volunteered to do for the past 16 years because he wants to help prevent families from experiencing the pain he felt as a 6-year-old boy. That was when his father, an alcoholic, committed suicide.

“I like to be able to read people’s faces and see if they understand what I am saying, and I can’t do that over the phone.”
— the Rev. Bob Gray
chaplain to the Carbondale and university police departments



The Rev. Bob Gray poses in front of the emergency room entrance at Carbondale Memorial Hospital. Gray has been the police chaplain to the Carbondale and University Police for 16 years and spends much of his time with families at the emergency room. **JAMES McDONNOUGH**
DAILY EGYPTIAN

“That kind of helped me try to ask myself, ‘What can I do with my life that would prevent that from happening?’” Gray said. Now 61, Gray said he wants to be there for people in a time of need. His career in the ministry started with a hotline for St. Louis-area drug addicts wanting to kick the habit in 1968. After seminary, he moved to Vernon and became pastor at a church there for 12 years. Gray said communicating with the

congregation in Vernon helped him learn how to read people’s nonverbal expressions, a skill he uses in most work with the police department. “I like to be able to read people’s faces and see if they understand what I am saying, and I can’t do that over the phone,” he said. Gray moved to Carbondale in 1985 to become senior pastor at Our Savior Lutheran Church on University Avenue and said he has no plans of leaving the area. Chancellor Sam Goldman, who

works with Gray on a regular basis, said he has learned how to better communicate with students who face tragic times through Gray’s example. He said Gray has a way of talking with students and families that is comforting and does not come with religious pressure. Gray said he has not had a case where his religious philosophies have been a problem for the people he has worked with. Mary Cowdery, whose 21-year-old son Alex was killed in an

October traffic accident, said Gray was a great guide for her whenever she needed help. “When we went through the tragedy, he was there for us in the morning before we arrived,” she said. “He was a gentle guidance as far as how things work at the university and what things need to be done.” Gray said taking on chaplain responsibilities for the University Police has kept him from riding along with the officers, something

he wishes he had more time to do so he can get to know the people in uniform. He said he finds support from members of his church congregation, who appreciate his involvement in the community. “I told my wife I want on my tombstone, ‘At least he tried,’” Gray said. “You don’t know that you accomplish a great deal in life as a pastor, but you really try to serve and be there for people and try to help them.”

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Obama pivots from first 100 days to rest of agenda

Jennifer Loven
THE ASSOCIATED PRESS

WASHINGTON — His first 100 days behind him, President Barack Obama expressed confidence about the next hundred and accelerated his drive toward contentious goals — sweeping health care overhaul, new rules to curb global warming and financial sector reform — even while working to end a recession and two wars.

“I’m pleased with the progress we’ve made, but I’m not satisfied,” Obama said Wednesday in Arnold, Mo., the battleground state he chose to mark the milestone. By evening, he was to hold a news conference from the White House, the third of his presidency aired on prime-time television.

Obama’s intensive schedule for the day demonstrated the degree to which the administration sees both possibility and peril in the symbolic 100-day marker.

Presidential aides have derided it as a media-created “Hallmark holiday” in which the White House participates reluctantly. But they also recognize it is a time frame by which all modern presidents are judged, at least initially, and which can produce negative narratives that dog administrations for years. So the White House has jumped into the celebration with both feet, making high-level Obama advisers available anywhere they were needed over the last week and crafting the president’s day to maximum advantage.

The opening act of the Obama presidency has been head-turning, not only for the dire times in which he took office but his flurry of activity.



NANCY STONE | MCCLATCHY TRIBUNE

President Barack Obama arrives back at the White House from a trip to Missouri Wednesday on his 100th day in office.

Determined to revive the dismal economy, his signature challenge, Obama has overseen a trillion-dollar infusion of federal spending and major interventions by Washington into the private sector, from directing execu-

tive pay to seizing huge governmental ownership shares in financial institutions and possibly General Motors.

Looking forward, Obama struck a cautious note, warning that “more will be lost” in a recession that already

has cost millions of Americans their homes and jobs.

“You can expect an unrelenting, unyielding effort from this administration to strengthen our prosperity and our security in the second hun-

dred days, and the third hundred days, and all the days after,” the president said in opening the news conference, according to excerpts of his remarks released in advance by the White House.

Scientists struggle to understand swine flu virus

Mike Stobbe
THE ASSOCIATED PRESS

ATLANTA — Mexico’s health secretary may have thought he was allaying fears about swine flu when he suggested that the nation’s swine flu death rate was 6 or 7 percent. In reality, that would mean a monstrous killer virus — and no experts are close to saying that.

The secretary’s comment reflects how much remains unknown about the new flu virus — most notably how lethal it is and why it seems so much deadlier in Mexico than anywhere else.

American health officials believe they are getting closer to answering those questions, or, at least, to ruling out wrong-headed theories.

“We’ve begun to knock off hypotheses,” said Dr. Scott F. Dowell, director of global disease detection with the U.S. Centers for Disease Control and Prevention.

Among the factors disease detectives have discounted are Mexico’s air pollution, secondary infections and poor health care. But they still do not know why so many Mexicans have died, although it could be because many more people actually have had the virus than health officials realize.

In Mexico, the virus is suspected of killing more than 150 people and

sickening more than 2,400. Recent information suggests swine flu-related hospital admissions and deaths may have peaked and are declining, but no other country has shown any numbers close to those seen in Mexico.

The only other country to report a swine flu death is the United States, and that involved a toddler from Mexico who was visiting Texas with his family.

The leading theory remains that the virus itself is not significantly different in Mexico, but that the outbreak has for some reason just hit harder there, infecting more people overall. The more people who are infected, the more likely there will be severe cases and even deaths.

When the Mexican health secretary spoke this week about a 6 or 7 percent death rate, his figures were based on the number of deaths divided by the number of suspected infections. But authorities cannot be certain how many people have been infected, especially those who suffered only mild symptoms.

Mexican authorities have not tried to count mild cases, focusing instead on the severely ill and the dead. So the death rate may be much lower than 6 or 7 percent — and probably is, according to some experts.

A 6 to 7 percent death rate would make the Mexican swine flu nearly

three times deadlier than the worst flu pandemic in the last 100 years — the 1918 Spanish flu, which killed an estimated 20 million to 50 million people worldwide.

That seems unbelievably high for this new virus, said Richard Webby, a flu researcher at St. Jude Children’s Research Hospital in Memphis.

Webby and others do not believe the swine flu in Mexico is different from what’s been seen in U.S. patients. The virus samples in both countries match.

The CDC sent four epidemiologists and one lab scientist to Mexico over the weekend to investigate the disease there, and the agency expects to send a half-dozen more people this week, said Dowell.

Among the hypotheses being ruled out as explanations for Mexico’s higher death rate:

— A second infection complicating the flu cases. A common danger in flu is that the patient is co-infected with pneumonia or other bacteria, which can lead to death. But lab tests of 33 Mexican patients, including seven who died, did not find that problem.

— Low-quality health care. CDC investigators have not seen any obvious problem. They have found capable doctors and well-equipped, high-quality hospitals, Dowell said.

Huge ice chunks break away from Antarctic shelf

David Rising
THE ASSOCIATED PRESS

BERLIN — Massive ice chunks are crumbling away from a shelf in the western Antarctic Peninsula, researchers said Wednesday, warning that 1,300 square miles of ice — an area larger than Rhode Island — was in danger of breaking off in coming weeks.

The Wilkins Ice Shelf had been stable for most of the last century, but began retreating in the 1990s. Researchers believe it was held in place by an ice bridge linking Charcot Island to the Antarctic mainland.

But the 127-square-mile (330-square-kilometer) bridge lost two large chunks last year and then shattered completely on April 5.

“As a consequence of the collapse, the rifts, which had already featured along the northern ice front, widened and new cracks formed as the ice adjusted,” the European Space Agency said in a statement Wednesday on its Web site, citing new satellite images.

The first icebergs broke away on Friday, and since then some 270 square miles (700 square kilometers) of ice have dropped into the sea,

according to the satellite data.

“There is little doubt that these changes are the result of atmospheric warming,” said David Vaughan of the British Antarctic Survey.

The falling away of Antarctic ice shelves does not, in itself, raise sea levels, since the ice was already floating in the sea. But such coastal tables of ice usually hold back glaciers, and when they disintegrate that land ice will often flow more quickly into the sea, contributing to sea-level rise.

Researchers said the quality and frequency of the ESA satellite images have allowed them to analyze the Wilkins shelf breakup far more effectively than any previous event.

“For the first time, I think, we can really begin to see the processes that have brought about the demise of the ice shelf,” Vaughan said.

He said eight ice shelves along the Antarctic Peninsula have shown signs of retreat over the last few decades.

“The retreat of Wilkins Ice Shelf is the latest and the largest of its kind,” he said.

The Wilkins shelf, which is the size of Jamaica, lost 14 percent of its mass last year, according to scientists who are looking at whether global warming is the cause of its breakup.

UNITED STATES

WHO raises swine flu alert level to next-to-highest notch

WASHINGTON (AP) — The Geneva-based World Health Organization on Wednesday raised its alert level for the fast-spreading swine flu to its next-to-highest notch, signaling a global pandemic could be imminent.

The move came after the virus spread to at least 10 U.S. states from coast to coast and swept deeper into Europe.

“It really is all of humanity that is under threat during a pandemic,” said WHO Director General Margaret Chan. “We do not have all the answers right now but we will get them.”

UNITED STATES

Obama disowns deficit he helped shape in Senate

WASHINGTON (AP) — “That wasn’t me,” President Barack Obama said on his 100th day in office, disclaiming responsibility for the huge budget deficit waiting for him on Day One.

It actually was him — and the other Democrats controlling Congress the previous two years — who shaped a budget so out of balance.

And as a presidential candidate and president-elect, he backed the twilight Bush-era stimulus plan that made the deficit deeper, all before he took over and promoted spending plans that have made it much deeper still.

CUBA

Raul Castro says Obama’s Cuba policy changes ‘minimal’

HAVANA (AP) — Raul Castro dismissed President Barack Obama’s policy changes toward Cuba as “achieving only the minimum,” and said Wednesday that it is up to the United States — not his country — to do more to improve relations.

The U.S. State Department shot back that the onus is on Cuba to show it is serious about meaningful negotiations. Cuba’s president took a hard line toward any notion that Cuba would embrace even tiny political reforms to appease Washington, telling an international gathering of government ministers, “it is not Cuba who has to make gestures.”

MICHIGAN

Fiat to sign deal with Chrysler, Chapter 11 may still be needed

DETROIT (AP) — Italian automaker Fiat Group SpA will sign a partnership agreement with Chrysler LLC by Thursday as negotiations continue to keep the struggling automaker alive without filing for bankruptcy protection, according to three people briefed on the deal.

One thing is certain: Chrysler will not be sold off in pieces, according to another person briefed on the fast-moving talks.

The Fiat partnership is the last piece of a huge restructuring plan needed for Chrysler to continue operations as it approaches Thursday’s government deadline to cut labor costs, slash debt and take on a partner.

Old Testament prophet comes to Shryock

Genna Ord
DAILY EGYPTIAN
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A birthday celebration will be held at Shryock Auditorium tonight, attended by an Old Testament prophet, a group of angels and a number of Israelites.

The celebration will be a performance called "Elijah," written by composer Felix Mendelssohn in 1846. It begins at 7:30 p.m. in Shryock, with tickets at \$5 for students and \$10 for general admission available at the door beginning at 6:30 p.m.

If Mendelssohn were still alive, this year would mark his 200th birthday. In honor of the German composer, Susan Davenport chose "Elijah" as the spring production for the Choral Union, Concert Choir and Southern Illinois Orchestra.

Davenport, who will be conducting the performance, said Mendelssohn was commissioned by the English to write the oratorio, which is similar to an opera but without costumes or sets.

"This is considered the crowning achievement of his life as a composer," she said.

She said the piece involves almost 130 singers, as well as the orchestra members. The Choral Union includes SIUC students as well as members of the community, she said. Faculty members will also be involved in the performance.

One of the roles played by an SIUC staff member is Elijah himself.

David Dillard, an assistant professor teaching voice at the School of Music, said he agreed to play the prophet when Davenport asked him if he would.

Dillard said the style of music heard in the work would be more common in larger cities but does not often come to Carbondale. He said he felt privileged to be able to participate in this style of music with such a large group of people.

"I think with the enormous choir and the orchestra and having it in Shryock, it will be a very special experience for the performers as well as the audience," he said.

Lydia Dunmyer, a sophomore from Du Quoin studying vocal performance, said she thinks the performance is going to be great.

The fact that the performance style is an oratorio, she said, adds an element of interpretation and imagination to "Elijah." With no costumes or set, the audience must concentrate on the music and the text of the pieces. This means the singers have to be better interpreters, she said.

Davenport said the style provides an opportunity for college students to stretch their imaginations in a way to which they might not be accustomed. At the same time, she said, the music and story is still easy to follow.



JAMES DURBIN | DAILY EGYPTIAN

Susan Davenport, director of choral activities and an assistant professor of music, conducts the concert choir, choral union and Southern Illinois Symphony orchestra during a rehearsal Wednesday at Shryock Auditorium.

"You can take this dramatic music and let your imagination fill in the gaps of what the action would look like," she said.

Another aspect of the performance that sets it apart from others is the involvement of

community members.

Dunmyer said she enjoyed working with people from outside SIUC, as well as faculty and other students. She said it is neat to be able to work with people outside the School of Music who still have

such an appreciation for it.

She said people do not have to be familiar with opera or oratorio to enjoy the performance.

"You don't have to be a huge fan of classical music," she said. "It's just a great story."

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QUOTE OF THE DAY

“It doesn’t matter how much they raise the ante; they do tend to get away with it in the end.”

Christopher Hughes,
 a North Korea expert from England’s University of Warwick, on North Korea’s threat to conduct more ballistic-missile tests.

About Us

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GUEST COLUMN

Clarifying concerns over conflict

Glenn Poshard
 GUEST COLUMNIST

Thank you for the opportunity to respond to your comments on Monday regarding the possible conflict-of-interest issues between SIU and my family.

These are the facts concerning your allegations and the allegations of Laraine Wright at the Feb. 12 Board meeting.

After living in Alaska for 12 years, my son came back to southern Illinois five years ago and in 2005 purchased a small business, the Arthur Agency, a media and advertising firm that had previously done business with the university. Knowing his continuing to bid on any contracts let by SIU may be perceived as the appearance of impropriety, I sought advice from General Counsel on what steps should be taken to avoid that appearance. The following rules were established by the General Counsel.

1. Where the university has discretion, my son is not allowed to receive any contract in which he is the only company to provide a price. Any area of the university that desires to utilize Arthur Agency must obtain

pricing from multiple companies to even be permitted to request the use of Arthur Agency’s services. Approximately 75 percent of the business SIU outsources is awarded to a single bidder even though the work is advertised widely according to the procurement mandates. Ms. Wright’s comments to the Board of Trustees that Dennis received a no-bid \$100,000 contract are not true. In fact, all state laws and university policies were complied with in awarding that contract to Arthur Agency. Further, my son was determined to have been able to provide the best quality of services at the lowest price to the university.

2. His price must be absolutely the lowest cost to SIU for him to get the work. This is not necessarily required for other bidders. Sometimes the lowest bidder is not awarded the contract because the quality of their application is inferior or they do not have the capabilities to perform. My son must not only provide the lowest price but must also provide the highest quality of services per the contract’s conditions.

3. Where the university has discretion, any price submitted by

Dennis must be scrutinized not only by the procurement officer but also the General Counsel to ensure that these higher standards are being met. My son’s business is only one of the thousands of vendors that do business with SIU that is required to meet these higher standards.

4. Finally, as president, I am not allowed to approve or have any knowledge of any contract associated with Dennis’ business. It is referred to other campus officers who reaffirm that all conditions have been met.

The statement that contracts are not spread out across the region and that they are awarded to people who have had contracts before, or businesses owned by relatives, is not accurate. In the 3.5 years I have been president, SIUC has issued 12,348 contracts to 4,356 vendors spread all over southern Illinois as well as other areas for a total of \$657,348,715, excluding salaries, of which my son has been awarded six contracts to which he has billed the university approximately \$85,000.

A review of my record as president of the university does not support the DE’s allegation that “I have been running the university like a

patronage political machine.” I take no part in any political activities whatsoever by the Board of Trustees mandate. When a political leader visits the system, I of course host them as I am required to do. I have given no political contribution to anyone since I have been president because I would never jeopardize the university’s standing with either party.

Jo and I are both graduates of SIU, love this university, and have given personally and financially all we’re able to give to improve the academic, artistic and athletic programs on this campus. My son has had a distinguished public service career and he and Dianne have also been strong supporters of SIU, including the hiring of five SIU graduates of the 11 employees in their business. That we would ever try to advance our family at the expense of our students is unthinkable. Had you talked to me, the legal or procurement officers of SIU before you wrote the article and commentary we would have been happy to discuss the entire situation with you.

Poshard is the president of Southern Illinois University.

EDITORIAL CARTOON



LETTER TO THE EDITOR

Genuine fitness

DEAR EDITOR:

Let me start by saying I have respect for any athlete who competes in a sport with weight classes. As someone who has competed in numerous wrestling, jiu-jitsu and submission grappling tournaments, I understand having to restrict caloric intake while maintaining a high level of physical activity. It sucks! That having been said, for some reason, in this country, we’ve come to believe that the steroid freaks with fake tans adorning the pages of magazines like Muscle & Fitness are the epitome of fitness. They are not. In fact, they’re not even close.

Genuine fitness should be defined by an increased physical work capacity in a wide variety of domains, not by physical appearance. Genuine fitness is having competency in all 10 physical skill sets — cardiovascular/respiratory endurance, stamina, strength, power, flexibility, coordination, balance, agility and speed — not just one of them. Genuine fitness is being able to perform a wide variety of tasks in all three metabolic pathways, not being able to watch a lot of TV on the elliptical. This type of fitness is achieved through serious metabolic conditioning, learning to control your body through mastering the basics of gymnastics, learning to control

external objects through powerlifting/Olympic weightlifting and fueling these activities with a proper diet.

The people who are part sprinter, part gymnast and part weightlifter will outwork and out-perform the bodybuilders at almost every physical task imaginable. What you do in the gym should transfer to real-life tasks outside the gym. Nature requires you to use your body as a whole, not in isolated muscle groups. So get off the curl machine, rip through some clean-and-jerks, get off the treadmill set at 5 miles per hour with no incline and run some hard 400-meter repeats for time, and pay more attention to the stopwatch than how hardcore you

think you look in the mirror.

If I’ve offended any of you Ronnie Coleman or Jay Cutler worshipers, too bad. Having only 4 percent body fat just means you’re going to get cold faster in the winter. You could have spent that fake tan money on some kettlebells. If you’re truly convinced the bodybuilder model of training will produce a fitness superior to the one I’ve described here, I invite you to prove me wrong, including any of you who just competed for Mr./Mrs. SIUC.

David Siu

2007 alumnus in exercise science and physical fitness



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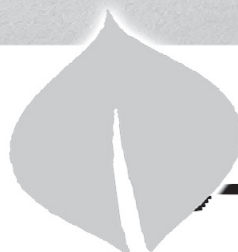
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Danny Wenger, a senior from Mesa, Ariz., studying journalism and Spanish, fights to complete push ups during a 6 a.m. workout at the Recreation Center March 16. Wenger was one of the Healthiest Losers, the first weight loss contest SIUC has hosted.

Lifelong Losers

Story by
Danny Wenger
Photo by
Diana Smith

I'm almost afraid to admit that reality TV actually brought about something beneficial in my life.

For the past 10 weeks I have been part of the first Saluki's Healthiest Loser challenge, a program set up through the Life Enhancement Center at the Recreation Center. The idea behind the program is loosely based on the popular TV show "The Biggest Loser," only shorter in time, with no eliminations and no unnecessary drama.

What the program did include was three workouts per week with a personal trainer and weekly meetings with nutritionists and counselors. There were also weekly fitness challenges for prizes.

"We knew we wanted to create an extensive program because we were looking at creating a real

lifestyle change," said Lynn Thompson-Cundiff, assistant director of recreational sports and services. Thompson-Cundiff also chaired the committee that came up with the program.

Call to the losers

The Healthiest Loser selected 20 students out of 120 applicants to participate. The goal of the program was to help the students improve multiple aspects of their health. To be selected, students had to have a body mass index higher than 25 percent and commit to three to six hours of training per week.

I've never been small. I'm six feet, five inches tall, and before the program the needle on the weight

scale always danced around 285 pounds. Although I don't consider myself fat, I've never been overly fond of my excess belly padding.

When I first heard about the program, I knew I wanted in. I had actually been working out with a friend for several months but I didn't believe I was really getting the results I wanted. So, I filled out the necessary paperwork and in the process discovered my BMI was at 26.1 percent. According to the Center for Disease Control, an adult with a BMI between 25 and 29.9 percent is considered overweight.

The losers start losing

The program started off with all the workers from the enhancement center taking various measurements; from our blood pressure and weight to our sit-and-reach flexibility and how many abs crunches we could do in one minute. We were then divided into groups of four according to the times we could work out and given a team color.

I was put in the 6 a.m. group. Red was our color and Jeff Denny was assigned to be our trainer.

I can't say I was thrilled, but getting up early wasn't new to me. Mondays, Wednesdays and Fridays I would roll out of bed at 5:30 a.m., eat a bowl of cereal and stumble down to the Rec.

Denny was a good guy. (To be honest, he reminded me slightly of a shorn Bruce Lee.) But when it was time to work out, he was not exactly my favorite person.

"I know that (members of the red team) have told me that they think I am the hardest trainer," Denny said. "They haven't seen what the other trainers have been doing, but they definitely think that I have been pushing them, which is good because that's what I've wanted to do."

I can say without a doubt Denny pushed me. "Do you ever feel like your core is unnaturally weak?" he asked me one day with a smile.

"You haven't been doing cardio on your own, have you? I can tell," he said another day when I was winded after running.

Despite my groans I was glad — well, willing at least — to do what Denny directed because I could feel the results. After the first few weeks my belt buckled a few notches tighter and my shirts didn't bulge so much from my stomach.

The workouts changed some from week to week. Denny would have us work more cardio one week and strength the next. He also constantly invented new routines that incorporated stairs, medicine balls or these really annoying glide pads.

I sweated more than my fair share, but that's why I was there.

The losers learn to lose

The nutrition aspect of the program was the most important to me. As I stated before, I had already been working but not getting the result, i.e. losing much weight. After some introspection I figured out my problem was my mouth, or at least what I put in it.

Lynne Thompson-Cundiff, program coordinator of the Healthiest Loser competition, describes how a body fat analyzer works to a contestant during the first weigh-in at the Recreation Center Feb. 12.





of three on the red team for

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Wenger

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Lynne Thompson-Cundiff, program coordinator of the Healthiest Loser competition, calls out the contestants' lap times during the one-mile challenge at the Recreation Center March 15.



Joe Janowiak, a senior from Woodridge studying aviation technologies, cycles during a circuit challenge at the Recreation Center March 1. Janowiak, who placed in four of the seven challenges, said the training and education he received through Healthiest Loser helped him realize the ways in which he could achieve fitness on his own.



Marcus Fitchel, trainer for the blue team, participates with the Healthiest Loser contestants at Campus Beach April 5. The event was the sixth of seven weekly challenges in which individuals competed for prizes.

We had a few lectures at the Counseling Center to teach us about nutrition. For the most part, it was the standard information: Eat more vegetables and fruits. Pack healthy snacks to keep from getting hungry. The things most people already know.

By far the most important thing I learned at one of these sessions was a simple technique that helps you eat less.

Eat slower.

I know, it sounds almost too good to be true, but I attribute a good part of my progress to this new technique. As Lynn Gill, a coordinator at the Wellness Center, explained, the brain takes 20 minutes to register that it is full. If you stretch your meals out to last 15 to 20 minutes by chewing more or putting your fork down between bites you will eat less because you will feel full before the plate is cleared. It has been a huge help shrinking my portion size.

My wife also took an active role, taking the advice that I had learned and applying it at home. She bought more fruits and vegetables and started making green smoothies in the morning for us both. Green smoothies are made with spinach, carrots, ice, yogurt and some kind of sweet fruit like pineapple or strawberries to offset the vegetable flavor. She also kept the kitchen stocked with bananas, something I started eating each morning before working out.

The Healthiest Loser has been such a success for me because of this key facet. Learning to eat better has greatly complemented my working out.

The losers win

Anyone who stuck with this program for 10 weeks has felt a change for the better.

"I've seen huge changes in these people over the last 10 weeks," Thompson-Cundiff said. "Our goal in the program was to provide some education and a lifestyle habit, and I can definitely say with the people that have stuck with it and continued with the program that it has definitely made an impact in their lives for the better."

The feeling in the room the last day, when we took our measurements again, was much different than the first day. People were proud of themselves. Unlike the first day when contestants were nervous about what they couldn't do, all were laughing and

eager to show how much they had improved.

Some had made larger strides than others, but everyone improved.

The key now is to continue with what we've learned.

"I think one of the most important things to do, especially when learning how to work out, is incorporate it as part of your lifestyle," Denny said. "Not to have it as a hassle that you have to do but learn how to make it feel good to you and be a stress reliever, because when it becomes that, then you look forward to doing it."

I look forward to working out now, because in 10 weeks I felt big changes — changes I hope to make a part of my life.

I have a family history of high cholesterol, high blood pressure, diabetes and heart problems, and working out and eating right is the best way to cut those bandits off at the pass before they rob me of my life. I hope to set an example for my family — not just my parents, brothers and sister but also for my daughter due in July and any children that follow.

To all who participated and saw it through, congratulations. To Jeff, Lynn and everyone else, thanks.

Now I have to go to sleep. I have to be at the Rec at 6 a.m. tomorrow.

Diana Soliwon contributed to this report.

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515 S. Beveridge #1-3
918 N Bridge *
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405 W. Cherry Court
406 W. Cherry Court
408 W. Cherry Court
406 W. Chestnut
408 W. Chestnut
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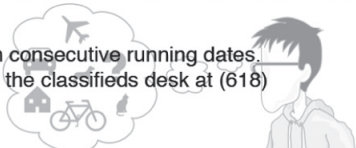
Jessica Carter, a sophomore from Petersburg studying art, kneels Wednesday near a memorial for her friend and coworker Ryan Rendleman at the site of the car crash that took his life while graduate student Wendy Weinhold consoles Genae Welch, an SIUC alumnus. Wednesday marked the one-year anniversary of the death of the Daily Egyptian photographer, who is also memorialized on The Journalists Memorial at the Newseum in Washington, D.C.

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200 W. Monroe, Apt. B, 1 bdrm apt, Aug avail, \$400/mo

200 W. Monroe, Apt. C, 3 bdrm apt, Aug avail, \$675/mo

5281 A, Country Club Road, 3 bdrm house, w/d, a/c, d/w, garage, country setting, pet friendly, Aug avail, \$975/mo

ONE BDRM AVAIL June 1, \$400, Schilling Property, 549-0895.

EFFICIENCY APT, \$250/mo, good neighborhood, clean, quiet, low util, trash & water incl, on site manager & laundry, for PHD or grad, 684-5127.

GEORGETOWN APT, MOVE-IN discount, 2 bdrm avail, water, trash incl, on-site laundry, quiet location, call 529-2187.

C'DALE, NICE, LARGE, 1 or 2 bdrm, May or Aug, 400 N. Westridge, upscale neighborhood, laundry, \$480-\$550, 529-3581 or 549-1028, no pets, www.trailswestapts.com

COUNTRY SETTING ON Giant City Rd, clean and quiet, 3 bdrm, 2 bath, w/d, a/c, no pets, ref, prof or grad, (618) 529-5331 or (618) 534-9510.

2 BDRM APT, \$450/mo, Lovely apt, near campus, ample parking, 457-4422.

LARGE 2 BDRM apt, 1/2 block from campus, avail Aug, call 528-0063.

NICE NEWER 2 BDRM, 514 S. Wall, carpet, a/c, no pets, \$475+ util, avail now or May 529-1820 or 529-3581.

AVAIL AUG, 1 & 2 BDRM, near hospital, hrdwd/flrs, \$370-\$390/mo, 12 mo lease, cats ok, 549-3174.

HOLLYWOOD, BEAT BRAD PITT to this 3 bdrm, like new, laminated floors, w/d, storage area, near Rec Center, Van Awken, 549-4935.

CARTERVILLE, LG 2 bdrm, 1 bath, clean, C/A, located close to John A Logan, no pets, 549-0491 or 925-0491.

NICE NEWER 1 OR 2 BDRM, 516 S. Poplar, carpet, a/c, 529-1820 or 529-3581.

QUIET 2 BDRM, Unity Point District, w/d, d/w, large rooms, 1-2.5 bath, varied floorplans, central heat/air, pets considered, \$645-\$900, 457-8194.

www.alpharentals.net

ONE BDRM APTS, for Aug, must be neat and clean, no pets, CarbondaleHousing.com Call Liz at 924-1965.

1 BDRM, 209 N. Springer, water, trash, gas & hot water incl, \$325-375/mo, May 15, no pets, 549-1315 or 525-2531.

M'BORO, 1 & 2 BDRM apts, avail June 1 & Aug 1, \$290-350/mo, nice & large, some util, 687-1774.

LG SINGLE APT, avail NOW, \$295 special to \$395/mo, lg 1 bdrm apt, \$495, semester lease on selected apts avail, water/trash/parking incl, 4 blks from SIU, simple + clean, washer + dryer.

618-529-5295

www.saluki-apartments.com

1 & 2 bdrm apts near campus, starting at \$350/mo, please call Clyde Swanson at 549-7292 or 924-3793.

MOVE IN TODAY, newer, large 2 bdrm and 1 bdrm, energy effc, well insulated, brand new carpet, brand new paint, very clean, all electric, 2 blocks from Morris Library, no pets, a/c, short term lease avail, trash paid, lots of parking, 529-3581, 529-1820.

3 BDRM NEAR Recreation Center, w/d, good condition, a/c, no pets, avail Aug, 457-4548.

2 bdrm, 1 BATH, 412 E. Hester, w/d, a/c, wood deck, close to Rec Center, \$620/mo, 528-0744.

1060 CEDAR CREEK RD, 2 bdrm, cathedral ceilings, w/d, w/ deck, nice yard, new paint, \$540/mo, 528-0744.

CROSSPOINTE COURT APTS, featuring newly remodeled 2 bdms, stop in, see our model apartment, avail today and for the fall semester, call us today, \$445/mo, 457-4608, www.crosspointecourt.com

1 & 2 BDRM duplex, nice & quiet area, some with c/a, w/d, no dogs, quiet people only, avail July & Aug, call 549-0081.

WEDGEWOOD HILLS, DUPLEXES, 2 bdrm, 2 1/2 bath, w/d, deck, shed, leasing now & Aug, 549-5596.

Townhouses

G & R's BEAUTIFUL NEW, AVAIL May & Aug, 2 bdrm townhouses, no pets, call 549-4713 or visit 851 E. Grand Ave or www.grrrentals.com.

306 W. COLLEGE, 3 BDRM, c/a, w/d, 549-4808 (9-5pm) no pets, rental list at 324 W. Walnut.

2 BDRM, spacious, clean, quiet, c/a, water & trash incl, no dogs, \$600/mo, avail now, call 529-4301.

NEW 2 BDRM, 1.5 BATH, fully loaded, w/d, d/w, many extras, quiet mature enviroment, avail now, no pets, 1300 sq ft, 549-8000. www.univerityheightsrentals.com

\$1000 IN FREE furniture, 1st-time residents, u-pick it & u-keep it, 2 bdrm, 2 bath, \$950/mo, 457-3544.

QUIET 2 BDRM, 425 Robinson Circle, 1.5 bath, eat-in kitchen, w/d, d/w, private fenced patio, ceiling fans, cats considered, \$770/mo, same floorplan avail, 2220 N. Illinois, \$730/mo, 457-8194.

www.alpharentals.net

NEW, 2 bdrm townhouse, 1.5 bath, w/d, d/w, avail now, 500 S. Washington, \$650/mo, 618-967-2044.

2 BDRM, 2.5 BATH, d/w, w/d, whirlpool baths, large rooms, 1000 Brehm, \$850, 425 Robinson Circle, \$900, cats considered, 457-8194.

www.alpharentals.net

ALPHA'S 2 BDRM, 747 E. Park, 1.5 bath, w/d, d/w, breakfast bar, private fenced patio, ceiling fans, cats considered, \$750/mo, same floorplan avail 2421 S. IL, \$690/mo, 304 N Springer, \$720/mo, 1000 Brehm, \$760/mo, 457-8194.

www.alpharentals.net

2 BDRM TOWNHOUSE Cedar Lake area, d/w, c/a, w/d, 1.5 bath, private patio, \$620/mo, 528-0744.

WEDGEWOOD HILLS, 2 bdrm, 1.5 baths, fireplace, w/d, pool, hot tub, prof or grads, 549-5596.

Duplexes

NEW ONE BDRM with study and fireplace, on lake, one car garage, fully loaded, (no Ameren), quiet mature enviroment, avail now, no pets 549-8000, www.universityheightsrentals.com

2 BDRM, S ILLINOIS, PERFECT for one person, private, new decor, decks, w/d hookup, no pets, \$525-\$650mo, 457-5632.

BRECKENRIDGE APTS 2350 S IL, 2 bdrm, unfurn, w/d hookup, no pets display 457-4387 or 457-7870.

C'DALE/MBORO, 2 BDRM, 2.5 B bath, w/d clean and quiet, no pets, 1year lease \$650/mo, 565-1240.

CARTERVILLE, 3 APTS avail, April 30 through June 30, new, luxury, 2 bdrm, all appl, w/d, double car garage, pet contract, starting at \$750-850, 618-967-3106.

3 BDRM, 1.5 bath, w/d, a/c, wood floors, storage unit, perfectly priced for 2 or 3 people, 549-4935.

2 BDRM, 1 1/2 bath, w/d, d/w, unfurn, fenced patio, walk to SIU and Rec, no pets, \$550/mo, discount for 1 yr lease, dep, 606-A, S. Logan Ave, call 618-201-9096.

CLEAN AND QUIET, 2 bdrm, 1 bath, located on giant City Rd, w/d, a/c, no pets, ref, prof or gards, lease, \$400/mo, (618) 529-5331 or (618) 534-9510.

C'DALE, FABULOUS 2 bdrm duplex, quiet neighborhood, pets ok, w/d, a/c, priced to rent, call 618-967-9631.

ONE BDRM AND study, near SIU & Arnolds Market, on bus line, w/d, quiet, call 893-2683.

FALL, 401 W. Elm, 3 bdrm, 2 bath, a/c, w/d, hrdwd & ceramic tile floors, private parking, please call 529-7516, Gary Martin.

Houses

PRIVATE COUNTRY SETTING, extra nice, 3 bdrm, 2 bath, w/d, c/a, 2 decks, no pets, 549-4808 (9-4pm).

C'DALE AREA, 2 or 3 BDRM houses, no zoning, w/d, many c/a, carport, patio or huge deck, free mow & trash, also, luxury brick 3 bdrm, 2 bath house, w/all of above - plus!! No pets, call 684-4145 or 684-6862.

TOP C'DALE LOCATIONS, 1, 2, 3, 4 & 5 bdrm houses, and a geodesic dome, address lists in yard at 408 S. Poplar, no pets, call 684-4145 or 684-6862.

NICE 4 BDRM, 613 W. Cherry, w/d, stove & fridge, 1st, last & dep, no pets, mowing incl, 534-1794.

FALL, 4 BLKS TO CAMPUS, 3 BDRM, all appl, well kept, 529-7516, or 684-5917.

LG 3 BDRM home, 2.5 bath, loaded with carport & storage, Avail Aug, call 457-5700.

RENTING NOW For May/Aug

6 bdrm-313, 610, 701 W Cherry, 319 and 324 W Walnut

5 bdrm-303 3 Hester

4 bdrm-503, 505, 511 S Ash, 321,324,406,802 W Walnut 501 S. Hays, 103 S Forest

3 bdrm-310, 313, 610 W Cherry 405 S Ash, 106, 408 S Forest, 306 W College, 321 W Walnut

2 bdrm-305 W College, 406, 324, 319 W Walnut

1 bdrm-310 1/2 W Cherry, 207 W Oak, 802 W Walnut, 106 1/2 S Forest

549-4808 (10am-5pm) No Pets Rental List at 324 W Walnut

2 BDRM; 402 Rigdon, 1104 N. Carico, 1315 S. Wall, (close to SIU). 924-0535. comptonrentals.net

....HOUSES FOR SALE....

....in the low 20s....

...hurry few avail....549-3850

...HOUSES AT REDUCED RATES...

.....HURRY!!!!.....

.....CALL 549-3850.....

HOUSE FOR RENT, nice 2 bdrm, 105 S. Springer, avail now, carpet, a/c, deck, \$675/mo, 529-1820.

MARTIN PROPERTIES
529-7516
Avail Fall '09
2 Bdrm: 402 S. Ash (rented)

3 Bdrm: 416 1/2 S. Washington (rented)
401 A W. Elm, 2 bath
401 B W. Elm

4 Bdrm: 608 N. Carico, 2 bath, garage, double lot (rented)

3 BDRM, E. College, beam ceiling, remodeled, hrdwd/flrs, no pets, \$650/mo, 549-3973 or 967-8627.

TOWNE-SIDE WEST APARTMENTS AND HOUSES
Cheryl Bryant Rentals
457-5664

Country setting, 1 mo FREE, 2 bdrm, carpet, gas appl, c/a, pets ok, \$375 & \$550, call after 5pm, 684-5214 or 521-0258.

DESOTO, 108 S. OAK St, 3 bdrm, 2 bath, newly remodeled, \$450/mo, 528-9302, see photos at carbondalearereagents.net

NICE 3 BDRM, 300 S. Dixon, w/d, stove, fridge, 1st, last & dep, zoned, no pets, 534-1794.

NEW RENTAL LIST out, apts & houses, come by 508 W. Oak to pick up list in box on front porch or call 529-3581 or 529-1820, Bryant.

FIVE BDRM HOUSE on Mill Street, easy walking distance to campus, 6 month lease ok, please call Clyde Swanson at 549-7292 or 924-3793.

LRG 2 BDRM HOUSE, great student location, w/d, d/w, deck, no pets, \$900/mo, 549-3973 or 967-8627.

C'DALE AREA, 6 mi N, 3 bdrm ranch, 1.5 bath, new c/a, huge deck, garage, appl, \$600/mo, 867-2653.

"BEST WE'VE SEEN!!!"

2, 3 or 4 BDRM, near SIU, super nice, remodeled, cathedral ceilings, hrdwd/flrs, d/w, 1.5 baths, w/d, no pets, 549-3973 or 618-967-8627.

WE ARE BUILDING 4 HOUSES ON Mill St, 3 are leased, 1 is still avail, easy walking distance to SIU, hrdwdflrs, stainless steel appl, lg decks, plenty of parking, please call Clyde Swanson at 549-7292 or 924-3793.

2 BDRM at 1004 N Carico, w/d, lg yard, quiet neighborhood, \$500/mo, sorry, no pets, 457-3321.

COUNTRY, 3 BDRM, 2 bath, w/d hookup, great room, gas heat, c/a, city water, porch & deck, garage, avail now, 12 min SW of C'dale, hunting & fishing, 684-3413.

4 BDRM, 2 1/2 BATH, W/D, c/a, pole barn, horseshoe pitt, 3 mile S of town, 3846 S Illinois Ave, \$1300 mo, 12 mo lease begin June 1st, 457-1698.

M'BORO, 2 BDRM, 1 BATH, female pref, c/a, w/d, partial basement, no pets, trash incl, \$550/mo, call Rebecca at 618-318-8011.

3 BDRM, 2 BATH AVAIL Aug. 1st, \$680, 2 bdrm, 1 bath, duplex, avail Aug. 1st, \$515, w/d, fridge incl, dogs only w/\$500 pet dep, 618-967-7413.

NICE 2, 3 & 4 BDRM, 307 and 403 W Pecan, & 305 Syamore, carpet, a/c, w/d hookup, \$650-\$840/mo, 529-1820.

NEW HOUSE, only 4 years old, 2 bdrm, 2 bath, 603 S. Oakland, no pets, 2 car carport, \$775/mo, \$750 dep, avail Aug, 573-620-0926.

NICE 5 or 6 Bedroom, close to SIU, 700 W Freeman, a/c, carpet, 529-1820 & 529-3581.

M'BORO, SOME AVAIL June 1 & Aug 1, 2-4 bdrm, garages, w/d hookup, \$400-700/mo, 687-1774.

3 BDRM, 1 bath, large rooms, d/w, w/d, quiet location, central air, cats considered, \$920, 457-8194.

www.alpharentals.net

3 BDRM, 2 BATH, c/a, all appliances, w/d, garbage disposal, fenced backyard, patio, 1 car garage, water & garbage incl, great for grads or professional, \$975/mo, 1145 E Walnut, 815-979-2757.

M'BORO, 2 BDRM & 3 BDRM, 20 min from, avail now, students welcome, approved pets ok, ref, \$500-550/mo +dep, 565-1390 or 303-7058.

3 BDRM, NEAR Recreation Center, w/d, good condition, a/c, basement, avail May, 457-4548.

3 BDRM HOUSES, avail Aug 7th, c/a, w/d hookup, pets ok, 684-2711 or 559-1522.

WEDGEWOOD HILLS, 5 bdrm, 3 bath, fireplace, furn, nice, quiet students only, \$400 each, 549-5596.

C'DALE, 2 & 3 bdrm, nice & quiet area, some with c/a, w/d, no dogs, quiet people only, aval now & Aug, call 549-0081.

Mobile Homes

NEWLY REMODELED, 1, 2 & 3 BDRM, water, trash, & lawn incl, lg shaded lots, starting at \$250/mo, call 549-4713, www.grrrentals.com

1 & 2 BDRM HOMES, \$245-350/mo, no pets, 924-0535 or 549-4471, www.comptonrentals.net

MODERN, 1200 SQ FOOT 2 bdrm, 2 bath, w/d, d/w, a/c, energy effc, 924-0535 or 549-4471, comptonrentals.net

.....2 BDRM TRAILER.....

.....bus avail, \$250 & up/mo.....

.....C'dale 549-3850...

LOW COST RENTALS, \$250 & up, pet ok, open Sat, 10-3, 529-4444. CHUCKSRENTAL.com

MALIBU VILLAGE, 2 BDRM mobile homes, \$225-\$450/mo, no dogs, call 529-4301.

NICE 1 & 2 BDRM, \$190-\$300, LAWN & trash incl, mgmt & maint on site, avail now, 549-8000, no dogs, www.universityheightsrentals.com

2 BDRM, LOCATED IN quiet park, \$250-\$400/mo, call 529-2432 or 684-2663.

SOUTHERN MOBILE HOMES is now renting for summer, fall/spring, 2 & 3 bdms starting at \$390, c/a, w/d, in quiet shady park, sorry no pets, 534-2755.

Help Wanted

BARTENDING, UP TO \$300/DAY, no exp necessary, training provided, 800-965-6520, ext 102.

GET PAID TO think, make up to \$75 taking online surveys, www.cashtospend.com.

HOUSEKEEPER FOR LARGE home, pets, no kids, cleaning, plant care, flexible, scheduling, 8 am to 6 pm, M-F, 15-30 hours per week, send resume, pay expectations, to: Housekeeper1111@aol.com or fax to 618-529-2474.

LOOKING FOR: ORGANIST, Accompanist/Pianist, Choir Director & Youth Program Coordinator. Some exp. pref. For more info or to submit a resume call 618-687-2317, Fax 618-687-2604 or email to murphysboroumc@verizon.net.

COOKS & SERVERS wanted, days & nights, exp req, must be dependable, apply in person at Midland Inn, 7570 Old Hwy 13, corner of Country Club Rd.

NEW COMPUTER SCIENCE GRADUATES!! Would you like to stay in the area and get valuable hands-on experience as a software engineer? Full-time with benefits, call 453-1140.

FT AND PT COOKS, must be avail on weekends, exp pref, apply in person, Pinch Penny Pub, 700 E. Grand Ave.

CARING PERSONS NEEDED for direct care of developmentally disabled adults in small group homes. Various shifts avail full and part time. Must have HS Diploma or GED. No experience. Applications avail. at 406 E. Douglas, Desoto, IL.

HOSTESS, PT, apply in person, some lunch hours needed, Quatro's Pizza, 218 W. Freeman.

Services Offered

BED & BREAKFAST - Make a reservation at the TRAIN INN. Graduation and Homecoming availability. Your parents will love gazing at Pulliam Clock Tower. Enjoy the hot tub, too. Call 549-1717.

CDALE, LAWN MOWING. Brush and small tree removal. Yard clean up. Call Bart 549-6174.

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Permit Parking	Permit Parking
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Girls and Sports

OK. STACI WILL INTRODUCE ME TO HER BOYFRIEND, DAVE

AND DAVE WILL INTRODUCE ME TO HIS COUSIN, DANA

WHO WILL INTRODUCE ME TO HER SINGLE ROOMMATE, ANNE

MARSHALL, THIS IS ANNE

CHECK-MATE

The Duplex

THAT WAS KENT, OUR TAX GUY. HE SAYS WE NEED TO START PAYING QUARTERLY.

WON'T THAT BE A LOT MORE EXPENSIVE?

HOW SO?

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THE Daily Crossword

Edited by Wayne Robert Williams

Across

1 Supplies case

4 Grille cover

7 African hot spot

13 Santa ___ winds

14 Rock band with a fishy name

16 One that got away

17 LPGA star Se Ri

18 "Unforgettable" singer

20 Fit for drafting

22 Pace

23 Goodyear's home

24 *Cold War European

27 Nintendo rival

28 Any day now

29 Spoils

31 *1940s-'60s Pro Football Hall of Fame quarterback

35 Den music setup

39 G.I. food in a plastic pouch

40 *Branch source

42 *Florida city near Fort Myers

46 Reno-to-Boise dir.

47 Heineken brand

48 *House speaker before Newt Gingrich

52 Wander

Down

1 "Batman" blow

2 Cockamamie

3 Initiates action

4 Deadpan Stein

5 Assayer's sub-

Wednesday's solutions

V	E	G	A	S	R	A	N	T	M	A	S	T
A	G	R	I	P	E	L	B	E	E	M	M	Y
L	O	A	D	E	D	I	C	E	T	A	I	L
E	S	S	L	A	S	T	N	O	Z	Z	L	E
P	L	U	T	O	P	A	K	O	E	R		
H	A	S	A	N	X	T	O	G	R	I	N	D
A	B	A	C	K	I	M	E	A	N			
Y	E	T	I	U	M	B	E	R	J	A	V	A
F	I	R	E	P	L	A	C	E	G	R	A	T
I	O	N	M	A	E	A	D	R	E	P		
Z	I	P	L	O	C	B	R	I	E	A	H	A
A	B	L	E	K	A	R	A	T	E	C	H	O
A	L	A	N	X	E	X	I	T	T	H	O	S
K	E	Y	S	D	E	M	S	O	A	S	E	S

stance

6 Union station?

7 McCain, e.g.: Abbr.

8 Pond organism

9 Snake oil salesman

10 Really dig

11 Enter again

12 Where the action is

15 1% alternative

19 Like some high-lighted text: Abbr.

21 Paris possessive

25 Received

26 Wine bouquet

30 Slugger Mel

31 Song spelled with arm motions

32 Composer Khachaturian

33 USPS delivery

34 Q.E.D. part

36 Dash

37 Feminine suffix

38 ___dokey

41 "Xanadu" rock gp.

43 Ancient Italian

44 Corporate VIP

45 Norway's patron

49 Rand McNally staff

50 Co-pay, for instance

51 Tolkien henchmen

53 M's counterpart

55 1970 Poitier title role

56 Talk show giant

57 Flora's partner

59 Hankerings

60 Red suit wearer

61 Ham it up

62 Uncertain


64 Transmitted

68 Crow family bird

69 Seoul soldier

www.siude.com

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By Linda C. Black

Today's Birthday — Take on an interesting subject this year. You'll be able to concentrate. Try something you thought would be too hard, like math or economics. It'll be easy for you now. And you'll make it easier for others to understand.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) — **Today is a 6** — Take it easy; you need to recuperate. You've had a few very busy days. Reward yourself with a special treat. Something scrumptious would be appropriate. Invite a favorite friend over to help you devour it.

Taurus (April 20-May 20) — **Today is a 7** — It's easier to concentrate now, so study important subjects. You'll do especially well with money-saving plans. You could write the book on getting by on less. Hmmm. Not a bad idea.

Gemini (May 21-June 21) — **Today is a 6** — Your worries begin to fade, as you start to realize how smart you are and how much of an advantage you've built for yourself. If you're not quite there yet; keep building.

Cancer (June 22-July 22) — **Today is an 8** — For the next several weeks, you'll think of just about everything that could go wrong. This is good. It'll help you solve these problems before they happen.

Leo (July 23-Aug. 22) — **Today is a 6** — A person who's been standoffish is most likely warming up. What you thought was snootiness may be nothing more than shyness. Be patient and you'll have a new friend.

Virgo (Aug. 23-Sept. 22) — **Today is a 9** — For the next several weeks, important people will be in a talkative mood. Phone calls will go longer than expected, with nothing much being said. Watch out for that if it's on your phone bill.

Libra (Sept. 23-Oct. 22) — **Today is a 5** — Bring your plans out of secrecy in the next couple of weeks. A person with more experience will be very helpful now. Seek advice from someone who's objective, and can be trusted.

Scorpio (Oct. 23-Nov. 21) — **Today is an 8** — Follow the money trail to find out where the real power lies. It shouldn't be too difficult. All you have to do is ask. Somebody who knows everything will sing like a canary.

Sagittarius (Nov. 22-Dec. 21) — **Today is a 5** — You have many of the answers another is seeking. Don't give them away; that's no fun. It's not a good teaching method, either. Make your student figure them out.

Capricorn (Dec. 22-Jan. 19) — **Today is an 8** — Take care of regular chores crisply, but not in a hurried manner. Take the time to do it right, so you won't have to do it again. Practice working smarter, and succeed.

Aquarius (Jan. 20-Feb. 18) — **Today is a 5** — A person who's been reticent all of a sudden starts talking. After what you've experienced, this is a welcome relief. Finally, you'll get the whole story. Keep asking leading questions.

Pisces (Feb. 19-March 20) — **Today is an 8** — For the next several weeks, you'll think of many changes you'd like to make to improve your living standards. You're doing this on the cheap, but you'll end up with a nice product. You're very creative.

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Sudoku Brought to you by:

DCI Biologicals

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

2				9				
		3		8		4		
		5	6		7			9
8					9			
				7	4			
			2					1
5					6	7		
		4		5		6		
1				2				3

Wednesday's solutions

9	8	2	4	7	1	5	3	6
3	5	4	6	2	9	7	1	8
1	7	6	3	5	8	2	9	4
4	2	3	9	1	5	6	8	7
5	9	7	2	8	6	3	4	1
8	6	1	7	3	4	9	5	2
6	1	8	5	9	7	4	2	3
7	3	5	1	4	2	8	6	9
2	4	9	8	6	3	1	7	5

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JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

RAWAY

DULIF

RUTSLY

LETTAC


NEW JUMBLE NINTENDO www.jumble.com/ds

Answer here: " [] [] [] [] - [] [] [] [] "

(Answers tomorrow)

Wednesday's Jumbles: FIFTY IRATE HOMAGE KIMONO
solutions Answer: What his wife did when she picked out a watch — TOOK HER "TIME"

THAT SCRAMBLED WORD GAME
by Mike Argiron and Jeff Knurek



WHEN THE BRIDE AND GROOM CUT THE CAKE, IT WAS---

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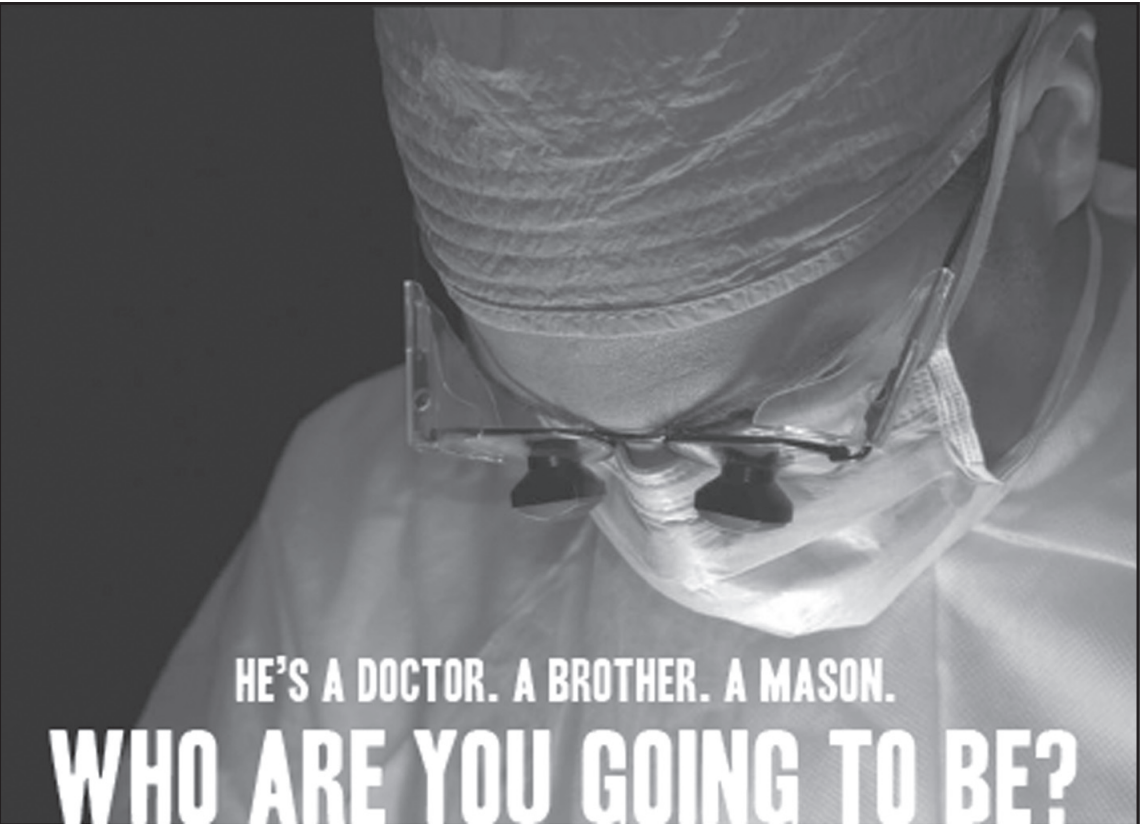
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Letters to the editor



Everyday on page 7



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Roberts' streak adds to optimism

SIU looks for new
beginning in second half

Ryan Voyles
DAILY EGYPTIAN
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The SIU baseball team wants fans to forget about the first half of the conference season and see the potential for the second half.

After compiling a 3-8 record in the first half of the season against Missouri Valley Conference foes, the Salukis have unleashed a new attitude that contributed to a sweep of conference rival Illinois State. Now at 6-8 in conference, the team will look to continue its search for a playoff spot.

Associate head coach Ken Henderson said the team has finally started to eliminate the mental mistakes and play to its potential.

"Before, it would have been one mistake after another. We would do the small mistakes and it would cost us," Henderson said. "We're not doing it as much now, and the team is getting better because of it."

SIU has shown itself to be a second half team the past several years. In 2007 and 2008, the Salukis entered the halfway point at least three games below .500. But 8-4 finishes both years put them above .500 in conference and clinched a spot in the MVC playoffs.

One of the main reasons behind the turnaround has been the play of

junior outfielder Aaron Roberts. The three-year starter is currently on a 10-game hitting streak, with a batting average of .442 during the stretch.

Roberts said he has not changed his approach to hitting during the 10-game span.

"You go through these streaks. I just happen to be lucky enough to be going through one right now," Roberts said. "I'm seeing the ball well, and I have a lot of confidence at the plate right now. That's all you need."

Another key to the turnaround is the improved pitching of the Saluki starting pitchers, especially senior Andrew Dunn and junior Jimmy Cornell.

While Cornell struggled a bit on Saturday, giving up four earned runs in seven innings, Dunn was nearly unhittable Sunday. The senior blanked the Redbirds for seven innings to improve to 5-4 on the season with a

2.55 earned run average.

Freshman first baseman Chris Serritella, who continues his impressive collegiate debut by leading all conference freshmen in batting average at .349, said the team knows what it has to do in order to compete in the second half.

"We really feel like the (Illinois State series) showed what we could do," Serritella said. "We just keep performing at that level and hopefully make a push for playoff positioning."

**"I'm seeing the
ball well, and
I have a lot of
confidence at the
plate right now.**

— Aaron Roberts
junior outfielder

Celtics look to end dramatic Bulls series

Andrew Seligman
THE ASSOCIATED PRESS

CHICAGO — Three overtime games, including one that needed two extra periods. Another one went down to the wire in regulation. And this series isn't over yet.

With a 3-2 lead, Paul Pierce and the Boston Celtics will try to wrap up their first-round thriller with the Chicago Bulls in Game 6 on Thursday.

"We want to be done with this series," Boston's Glen Davis said after Tuesday's 106-104 overtime win.

And who could blame him?

The Bulls certainly aren't making this easy on the defending champions. The three overtime games this series are an NBA record, and although the Bulls left Boston bloodied, they're not quite beaten as it shifts back to Chicago.

They are a little frustrated, though.

After all, they led by 11 early in the fourth quarter Tuesday, only to see Pierce deliver the big shots and Brad Miller absorb one at the end of the game.

Pierce hit the tying jumper with 10 seconds left in regulation. In overtime, he buried his third straight shot over John Salmons — a long jumper — with 3.4 seconds remaining.

The Bulls' Miller then had a clear path to the rim, but instead of a tying layup, he got a shot to the mouth from Boston's Rajon Rondo. Bloody and woozy, he then missed both free throws — the second intentionally — and the Celtics hung on for the victory.

"It was a great foul by Rondo," Celtics coach Doc Rivers said.

Or was it a flagrant foul? The Bulls thought it was, but the league said Rondo won't be penalized.

While the foul can be debated, so can the decision not to double-team Pierce. That opened Bulls coach Vinny Del Negro to another round of second-guessing after he raised some eyebrows by not having any timeouts at the end of regulation in Game 1 and at the end of Game 2.

"Yeah, I thought about doubling him a lot," Del Negro said.

So why didn't they?

"They've picked us apart a little bit with that on the glass, and he hits some tough fadeaway shots with hands in his face," Del Negro said. "That's what great players do, they make big plays. That's something we'll talk about again, but we've come with double teams, we've come with single teams, we've come off biggs, we've come off littles, and he's seen it all. He's an All-Star player for a reason, so it's a tough set and we just have to fight through."

While the foul call and the strategy against Pierce can be argued, this can't: These teams are putting on quite fight despite all their pain.

The blow to Miller capped a night in which Chicago's Kirk Hinrich had a cut above his right eye reopened and Ben Gordon played despite a strained left hamstring that put his status for the game in doubt.

Pierce, meanwhile, bruised his left calf but didn't expect it to hamper him in Game 6.

Saluki Insider

Orlando Magic forward Dwight Howard was suspended for game six of the NBA playoffs for throwing an elbow at the 76ers' Samuel Dalembert. Can the Magic close out the series without Howard?



RYAN VOYLES
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I don't think it's a sure thing, but I see this series going to a Game 7. Howard is arguably the best forward in the game and has proven himself a match-up struggle for the 76ers. Even with him gone though, I still think the Magic can close out in Game 6. The 76ers just aren't that great of a team.



SCOTT MIESZALA
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Any doubt that this game would go to a Game 7 disappeared when Howard's suspension was announced. The Sixers must be really getting to him, too, because that elbow seemed totally out of character for him. Luckily for Orlando, Howard wasn't ejected from Game 5 after that elbow like the NBA rulebook states officials must do. Had the refs followed the rules, this series might be Philly's to lose.



DEREK ROBBINS
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This is going seven. Period. The series just seems destined for it, and honestly, I don't think the Magic have what it takes to close out the Sixers without Howard. The Sixers may not be a great team, but I don't think the Magic are particularly great without Howard either.

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SENIORS

CONTINUED FROM 16

“To me it’s like losing family when you see your daughters grow up and go off and I don’t get to see them much anymore.”

The Salukis enter the doubleheader against Morehead State as winners of three straight, and five of their last six games. The team’s game against Illinois State Monday in Normal was washed out in the fourth inning. The Salukis led the Redbirds 2-0, but rain canceled the game before it became official.

SIU’s last official game featured a stellar pitching performance

“I’m going to take away a lot of friendships and a lot of love from southern Illinois.

— Katie Wagner
senior softball player

from sophomore Nikki Waters, who picked up her 14th win of the season while tossing the team’s 14th shutout. Waters held Bradley hitless through six innings before giving up a lead-off single in the top of the seventh inning in a 5-0 win.

Waters was able to cruise in the circle after a four-run first, which was sparked by a three-run home run to left field by Wagner.

Wagner, a Mount Vernon native, said she would take away fond memories from her time as a Saluki.

“I have a lot of good memories from here. I’m going to take away a lot of friendships and a lot of love from southern Illinois,” Wagner said after Sunday’s 5-0 win against Bradley. “Since I’m from southern Illinois, it’s nice to be a part of it and I’m proud to be here.”

TENNIS

CONTINUED FROM 16

“Audra has the energy and what it takes to be a good coach,” Gonzalez said. “I have no doubt she will make a huge impact in the Missouri Valley Conference.”

Gonzalez said the key to Nothwehr’s future success would be recruiting. He said Nothwehr’s approach is to bring in talented new players who can bump everyone down in the order.

Gonzalez added Nothwehr’s scheduling of tough opponents was key.

“She is trying to schedule better competition because that makes the players better,” Gonzalez said.

The people around Nothwehr are not the only ones who are optimistic.

Nothwehr said the key to the continued success of the women’s program is confidence.

“My goal as a coach is to keep the players thinking positive and trying to keep confidence up so they can play better,” Nothwehr said. “When you have a bad day, you’re very hard on yourself. I try to get them to believe in themselves all the time.”



SIU women’s tennis coach Audra Nothwehr poses Wednesday at the campus tennis courts. In her second season as head coach, Nothwehr has helped the team raise its record from 11-12 to 17-8, its best record since 1991.

JULIA RENDLEMAN
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Southern Illinois University Carbondale

SOFTBALL

Celebrated Saluki seniors seek strong sendoff



JAMES DURBIN | DAILY EGYPTIAN

Senior outfielder Katie Schmidt hugs the mother of senior first baseman Chelsea Petty during the senior recognition ceremony following a doubleheader against Bradley Saturday at Charlotte West Stadium.

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The SIU softball team's celebrated senior class will close out the home portion of its schedule under the lights.

The Salukis (31-11) host Morehead State (33-16) in a doubleheader under the lights tonight, with game one's first pitch scheduled for 5 p.m. at Charlotte West Stadium. The double-dip's second game is scheduled to start at 7 p.m.

SIU celebrated senior weekend

with a three-game sweep of Missouri Valley Conference rival Bradley, but tonight's doubleheader will feature the last two home games for seniors Katie McNamara, Chelsea Petty, Katie Schmidt, Katie Wagner and Jayme Wamsley. Under head coach

Kerri Blaylock, the senior Salukis have accumulated 137 wins against 64 losses.

Blaylock, who has a 376-168 record in her career as the SIU head coach, said the senior class will be missed.

"I think it's a day to celebrate

what these kids have meant to SIU and SIU softball, but it's also a very, very sad day," Blaylock said during Saturday's Senior Day festivities.

See SENIORS | 15

WOMEN'S TENNIS

Coach instills confidence in players

Derek Robbins
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The number six is an important one in Division I tennis.

For instance, there are six singles slots. It takes a minimum of six points to win a set. And, perhaps most importantly for Audra Nothwehr, the SIU women's tennis team is six games better than it was last season.

Nothwehr, who finished her second season as head coach of the program Saturday, took a team with a losing record last year and brought it to its best record since 1991, at 17-8.

"I want to get better every year," Nothwehr said. "Last year we had a losing record, so this year my big goal was to have a winning record. I also wanted to win 75 percent of my doubles matches, and we did that."

Nothwehr calls herself a very positive coach who doesn't like to dwell on the negative. And it's easier to be positive when those goals are completed, she said.

"It is very motivating," she said.

"It just makes you want to come to work every day."

Senior Ame Blacketer, the No. 3 player, has been with the team for three years. She said she has seen some changes take place in that time and likes the direction the team is headed.

"Audra is able to relate to us. She has played college tennis and knows what we're going through," Blacketer said.

Blacketer said the difference between this season and last season was confidence. The senior said Nothwehr was always positive in practice and reassuring to the players.

"I don't think I've ever seen her yell," Blacketer said.

After going 5-3 in conference play and grabbing a No. 3 seed in the Missouri Valley Conference championship, optimism runs pretty high in the women's tennis program.

Tomas Gonzalez, the graduate assistant coach for both the men and women's team, carries that same optimism.

See TENNIS | 15

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